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Sabiduría interior / Inner Wisdom (Spanish Edition)

Louise L. Hay

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Sabiduría interior / Inner Wisdom (Spanish Edition) Louise L. Hay
Este compendio de meditaciones y afirmaciones sobre salud, prosperidad, alegría y amor, diseñadas especialmente para que interiorices en ese núcleo de tu ser donde el miedo, la tristeza, y la negatividad se hacen presentes; permitiéndote que desarrolles esa fuente de sabiduría que posees y que puedes utilizar como auxiliar en los momentos de debilidad para combatir la adversidad y conquistar la paz y tranquilidad que necesitas.
Description in English: Louise has compiled gems of truth to help you awaken and tap into your own Inner Wisdom - changing your beliefs, which will change your world. Some of the areas Inner Wisdom can assist and empower you are: Abundance, acceptance, healing, limitations, love, and work. ""Within each of us is a center of wisdom far deeper and greater than we are aware of. The meditations in this book are designed to connect with that center and to magnify our understanding of life. When we are willing to open our consciousness to new ideas and new ways of thinking about issues, then our lives change for the better. The way we begin our day sets the tone for the experiences that will follow and how we will react to them. A good way to use this boo is to open it at random, first thing in the morning. Know that the meditation you choose is the perfect message for that day. It's also nice to close the day with uplifting thoughts. This will allow you to have pleasant dreams and to awaken clear-headed in the morning. Remember, in the vast infinity of life, all is perfect, whole and complete ...and so are you.""

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